

please note --
Monday AM deadline
for all news releases
-- -- not advertising


Our Men In Service



NORMAN W. CARON, JR.

U.S. AIR FORCES, Thailand — Airman First Class Norman N. Caron, Jr., son of Mrs. Joan M. Caron, 75 Campbell Dr. is on duty at Udon Royal Thai AFB, Thailand.

Airman Caron is an aircraft mechanic with the 11th Tactical Reconnaissance Squadron, a unit of the Pacific Air Forces, hqtrs. for air operations in Southeast Asian the Far East, and Pacific area.

Before his arrival in Thailand, the 1968 graduate of Agawam High School was assigned at Loring AFB, Maine.

EXCHANGE STUDENTS EXPECTED

AGAWAM HIGH SCHOOL TO PARTICIPATE

Mr. David Skolnick, School Coordinator of the student exchange program, is glad to announce that Miss Ana Burgos, 15, who lives in Guayaquil, Guayos, Ecuador will be a guest of Agawam High School and will live with 2 families (3 months each) while she attends Agawam H.S. Our school committee has approved this program.

She will arrive approximately February 7, and will live with the Castellanos family on Monroe st. until mid-April, and then will move to the Bonomi family on Shoemaker Lane until school lets out in June.

Mr. Skolnick notes that children make the ideal ambassadors because they enter into the hearts of the people by becoming a part of a family unit. The idea of this program is to foster better relations between people from foreign lands and us, and between the U.S. and foreign countries.

EASTERN STAR CARD PARTY

West Springfield Chapter #144, Order of Eastern Star is sponsoring a CRAZY WHIST CARD PARTY or game of your choice on Wed., Feb. 11, at 8:15 p.m. at the Masonic Temple on Elm St., W. Springfield. There will be refreshments served after the party and several nice door prizes will be given away.

Tickets may be purchased at the door or from any of the committee workers.

Mrs. Lillian McCleery, Worthy Matron is Hon. Chm. and the card party is under the direction of Mrs. Marilyn Talbot, Past Matron, Chm., assisted by Mrs. Esther Parker, Past Matron, in charge of prizes; Mrs. Anita Galanis, refreshments; Mrs. Edythe Petschke, Past Matron, tickets, Miss June Ellen Parker, candy. Mrs. May Smith, Mr. Edward Talbot, Mr. Robert Petschke, Mr. Theodore Galanis, and Mr. James Parker, Past Patrons are also serving on the committee.

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AGAWAM, MASS.

Agawam's First Newspaper Serving All The People

Vol. 19, No. 6

Agawam, Mass.—Thursday, February 5, 1970

5c per copy—1.00 per year

LOWER TAXES FOR FORESTRY LAND

Commissioner of Natural Resources Arthur W. Brownell recently announced rules and regulations to administer the newly amended law pertaining to Classification and Taxation of Forest Lands and Forest Products (Chapter 61, Mass. General Laws).

Brownell said under this law any owner of 10 acres or more of forest land valued at less than \$400.00 per acre who can show the State Forester that his "land is being managed under a planned program to improve the quantity and quality of a continuous forest crop" may have his bare land valuation reduced to \$10.00 per acre and pay an 8% yield tax on forest products as they are harvested.

Administration of this law will require the woodlot owner to submit to the State Forester or one of his Regional Offices, his name, address and tel. number together with the location of his woodlot, which must

have reasonably discernable boundaries.

To acquire a Certificate of Management from the State Forester to present to the town assessors for Classification under Chapter 61, the owner must present the State Forester with a deed description, boundary map and a detailed management plan for the area. This must be renewed and updated every 5 years to keep the land Classified. Classified forests will be registered in the Registry of Deeds. If for any reason land is withdrawn from Classification the owner shall pay the difference between taxes paid under Chapter 61 and what would have been paid under Chapter 59 for the period of Classification plus 8% annual interest, up to a maximum of \$200.00 per acre.

For further information write to the State Forester, Dept. of Nat. Resources, 100 Cambridge St., Boston, 02202, or the nearest Regional Supervisor: (Connecticut Valley Box 484, Amherst 01002).

COMMUNITY CENTER EXERCISE CLASS

A beginner's exercise fitness class for women, will begin at the Jewish Community Center, open to the public, Feb. 27, Fridays, 9:11:00 A.M.

"This program is open to women that have never exercised or that are in poor physical condition," advises Mrs. Esther Griggs, Women's Physical Education Director at the Center.

Following the exercise sessions, those interested may have use of the exercise machines, sauna, steam and sun lamp.

The 1st week will consist of a 15 minute exercise session to music. Each week the time for exercising will be increased 5 minutes, gradually working up to 1/2 hour of head-to-toe exercising.

A babysitter will be available for children of walking ages, for a small fee per family.

For further information or to register, contact the Center. Registration plus a deposit is required.

* * *

LET'S ALL PUSH FOR CLEAN AIR — REPORT ALL AIR POLLUTION NUISANCES AND VIOLATIONS TO THE LOWER PIONEER VALLEY AIR POLLUTION CONTROL DISTRICT — CALL 785-1717.

EVE. HIGH COURSES AT HOLYOKE

The Bureau of Adult Ed., Mass. Dep't. of Ed., will offer a program of high school courses at the Holyoke H.S. beginning Feb. 9. There will be 24 sessions, with classes meeting twice a week on Mon. & Tues. Courses offered Mon. at 6:30 p.m. are: Algebra I, Biology, English X, XI, XII, Problems of American Democracy, and Economics; starting the same evening at 8 are: Algebra II, Amer. History, Chem., French I. Registration may be made Mon. and Tues. evenings, Feb. 2 and 3, and during the 1st three class meeting in each course.

Enrollment is open to adults working toward local high school diplomas or the Mass. H.S. Equivalency Certificate, college students for makeup or review, and to H.S. students who wish to make up deficiencies, review courses for better understanding, and to supplement high school programs. A Mass. Dep't. of Ed. certificate will be awarded to each student who successfully completes a credit course. Each course is credited at 1 high school unit.

Veterans who are residents of Mass., and senior citizens (over 65 years of age) may qualify for free enrollment.

Further info. may be obtained by contacting the Bur. of Adult Ed., 235 Chestnut St., Springfield, or Miss Marie E. Sullivan, Evening H.S. Principal, Holyoke, Tel.: 534-5916. Final date for enrollment is Feb. 23.

* * *

The Doge of Venice, Michel Steno, 1403 A.D., issued the 1st edict to prevent disease entering a port. He ruled that for 40 days all ships lay at anchor before disembarkation. Quarantine regulations were gradually adopted by the whole world.

* * *

The inhabitants of North America, only 7% of humanity, are using about 1/2 the world's yield of basic resources, the MASS. AUDUBON SOCIETY reports.

* * *

Agawam is a resident of Agawam with his home at Silver Lake Drive. In addition he is actively engaged in numerous social and charitable organizations and clubs.

Agawam YMCA Activities

Agawam YMCA Indian Guides to have a busy week. Sunday, Feb. 8, the Agawam Indian Guide tribes will hold a snow sculpture contest from 2 to 4 at the Agawam Y property.

On Tues., Feb. 10, at 7 p.m. at the W. Springfield YMCA, the following tribes will be inducted and will receive their tribal charter; the Mohawks and the Apaches. On Sat., Feb. 14, St. Valentine's Day, all the tribes will sponsor a cake sale at the Agawam Food Mart. The money will be used in the Nation's treasury. The Agawam YMCA tribes include the following: Mohawks, Crows, Pawnees, Mawagees, Shawnees and Apaches. From these tribes a Nation has been formed which meets once a month. Mr. Richard Hauff is the advisor to the group.

ANNUAL CANDY MINT DRIVE

Mario Sakellis, Director of the Agawam YMCA, announced today that permission slips are being sent to all boys and girls who are members of the Agawam YMCA to help in the Annual Candy Mint Drive. Over 1,000 boxes of candy mints will be passed out at the High School gym classes on Sat., Feb. 14. The drive will go on for 2 weeks until Feb. 28. In order to take out mints, youngsters must have permission from their parents.

NEW ENGLAND PRESS ASSOC'N ELECTS OFFICERS

Campbell B. Niven, Publisher, Times-Record, Brunswick, Maine, has been elected 1970 president of the N.E.D.A. at its annual meeting in Boston.

First V.-Pres. is Richard P. Lewis, Pub. of the Journal-Transcript, Franklin, N.H. and Francis J. O'Connor, Pub. of the Hamden (Ct.) Chronicle was elected 2nd V.P. Mrs. Celine Slator, assoc' pub. of the Addison County Independent, Middlebury, Vt. was elected Sec-Treas. She is the 1st woman officer to be elected by the Assoc'n.

The NEPA has a newspaper membership of more than 250 weekly and community daily newspapers located throughout the 6-state region.

TOWN PROSECUTOR MOVES TO NEW PRO BUILDING

Atty. David A. Ladizki with offices at 375 Walnut St., Agawam, announces the removal of his offices to the new Main St., Professional Building located at 100 Main St., in Agawam effective Jan. 31.

Atty. Ladizki is a graduate of St. Michael's College in Winooski, Vt., with a B.A. degree in Gov't. He then obtained his law degree at Union University, Albany School of Law in Albany, N.Y.

He is admitted to practice before all the courts of Mass. and before the First Fed. District Court in Boston. Atty. Ladizki is a member of the Mass., Boston, Hampden, and American Bar Assoc'n. In addition he is a member of the American Trial Lawyers Assoc'n. and the Estate Planning Council of Hampden County.

He is engaged as Agawam Town Prosecutor to which position he was appointed in July 1968 and presently continues in that position as well as maintaining his own general law practice.

Ladizki is a resident of Agawam with his home at Silver Lake Drive. In addition he is actively engaged in numerous social and charitable organizations and clubs.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

Weight Watchers Class Thursday at 9:30 A.M. and 7:00 P.M. Wilson Thompson American Legion, 478 Springfield St.

THE AGAWAM NEWS, INC.

435 River Rd. Agawam, Mass. 01001

Published Every Thursday

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The Agawam News, Inc. assumes no financial responsibility for typographical errors in advertisements, but will reprint any reasonable part of any advertisement in which such typographical errors occur, if the responsibility for same rests with the newspaper.

Released by: National Paint, Varnish & Lacquer Assn.
1500 Rhode Island Avenue, N. W.
Washington, D. C. 20005

Paint Brush Pointers

You've just put the final brush-stroke on that room you've been painting! Doesn't it look marvelous with that new crisp color on the walls? You sigh the *most* satisfying sigh, and flop down in the nearest easy chair. Ah—comfort!

Before you get *too* settled, stop to think—isn't there something you're forgetting? Of course—the clean-up job! Now for the great debate—should you stash all the brushes in the basement and forget about them until tomorrow, or should you clean them and put them away? As in most cases, *procrastination* is *not* the best policy. The success of your future painting sprees depends a lot on the shape of your brushes, and the time to keep them at their best is right now!



If you have used a fast drying latex paint, immediate cleaning is a *must*—and it's simple. All you have to do is wash the brushes with soap and water and rinse them thoroughly.

If oil base paint was your choice, first soak your brushes in the proper solution—turpentine or mineral spirits for oil-base paint, enamel or varnish; and alcohol for shellac. Some of the new synthetic resin enamels (epoxy, urethane, etc.) may require a stronger solvent than mineral spirits. Ask your paint dealer for the correct type. Loosen the paint by working the brush against the side of the container. Remove stubborn paint that is caked on the outside of the brush with a putty knife. Then squeeze the brush with your fingers to remove paint from the heel of the brush. Repeat this process until your brush is perfectly clean. To remove excess clean-

ing solution, just brush the bristles across a newspaper.

At this point, the same rules apply—no matter what kind of paint has been used. Rinse and comb bristles into shape, let dry, and wrap in heavy paper. Store the brush in either a suspended or a flat position to keep the bristles straight.

If you have any brushes from a previous paint job that are caked with dried paint, you *can* put them back into working order. There are three types of cleaners available at paint or hardware stores that will help you do the job.

For nylon brushes, a solution of water and a household cleaner with a trisodium phosphate base is often the answer. Let the brushes soak overnight in the solution to loosen the paint. After cleaning the brush, wash it in detergent and water and let it dry.

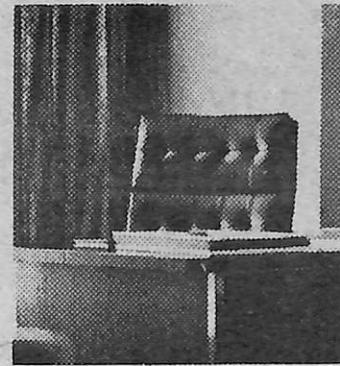
Solvent liquid cleaners can be used with any brush, regardless of what type paint was used. Depending on their strength, solvent cleaners take at least twelve hours to soften the paint.

Methylene chloride cleaners can be used with equal success on oil base or water base paints. This type of cleaner works on a different principle—it releases the bond between paint and the bristles, and works in a short



amount of time—usually 15 or 25 minutes. All you have to do is remove paint with a wire brush or scraper.

Now you have the details. As soon as you get up out of your chair, you can start a clean-up program that will make your brushes behave like new!



**Mark Waters
was a chain smoker.**

**Wonder who'll
get his office?**

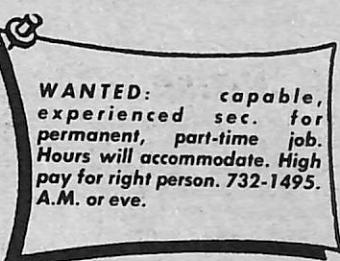
Mark kept hearing the same thing everyone does about lung cancer but kept on smoking cigarettes. Probably thought: "been smoking all my life...won't help to stop."

No matter how long you've smoked, the risk of lung cancer decreases when you stop, provided cancer or emphysema have not developed.

Next time you reach for a cigarette, think of your office—and your home.

American Cancer Society

THIS SPACE CONTRIBUTED BY THE PUBLISHER



TODAY'S AGRI-FACT: No need to go thirsty if your drinking water is every questionable. Two apples equal glass of water in thirst-quenching ability.

* * *

You can test your intelligence by your own reaction to a new idea.

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Well, What Do You Know?

fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge



Do you know what a sugar-on-snow party is?

locust tree, which is common in the Mediterranean area, produces seeds that all have almost exactly the same weight. For centuries locust seeds were used to weigh gems.

But it was difficult to trade gems when a gem might have a slightly different standard weight at each weighing. So in 1907 the 200-milligram standard weight was proposed. By the end of 1913 this weight was an accepted legal standard in all the chief gem-trading centers.

What is space dust?

The most traveled dust on earth comes from outside the atmosphere. It is the remains of meteors that burned up in the earth's atmosphere.

Meteors crash into the atmosphere at tremendous speeds. Friction with the air makes them heat up and turn into vapor. These tiny droplets of vapor spread through the air and are slowed down by the drag of the atmosphere. They cool off and become hollow balls of burned metal or rock. Some are so tiny that they float in the air for a long time before they settle to earth as dust.

Do you know what a carat is?

The carat is the standard unit of weight for a gemstone. By international agreement 1 carat equals 200 milligrams, or about 1/142 ounce.

The word "carat" comes from the Greek word for locust or carob tree. The

(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)

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Tact

Tact is the quality which leads us to use keys rather than battering rams to open doors.

-Today's Woman.

—

Unhappy Meeting

Running into debt isn't so bad. It's running into creditors that hurts.

-Tribune, Chicago.

DON'T BE A

LITTERBUG

Weight Watcher

The fact that figures don't lie is a good reason to stick to a diet.

-Courier, Waterloo, Ia.

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**ARTHUR
DRUG CENTER**

"The happy I am when I'm straight is more beautiful than the happy I seemed to be when I was stoned."



The girl in the picture is named Chris. For over a year, she was on amphetamines, powerful drugs known as "speed." This is how she describes it:

"I think 'speed' is a lot worse than heroin. Kids have got to know about it, because they can fall so easily into taking it through the diet pill hassle, or needing something to help them study. You know, that's crazy. Because the combination of amphetamines and no sleep just blows your memory completely. There are whole sections of my life which I just can't remember. It got to be just 'do a little more, do a little more,' until that was all there was. And the 'crashing' ... sometimes the 'crashing' is just really awful!"

"For me to stop taking it, I had to feel that people were caring. And they were. I was really lucky. I was very close to two people that were really into amphetamines very deeply, and I loved them a lot. But as far as they were concerned, the only thing that they had was the 'meth,' and that was their life. And they're both dead now."

"Dexies," "bennies," "meth" are all called "speed" these days. And people who know "speed" know "speed" kills!

For more facts about drugs, write for free booklets to: National Institute of Mental Health, Box 1080, Washington, D.C. 20013

Get Ahead In Your Job

Here Are Seven Ways To Get A Raise

Turn out more work? Beat your deadlines? Of course. Come up with an idea that earns or saves a tidy sum for the company? No doubt about it — you're in line for a raise if you do any of these things.

But, how do you do it? If you're already doing a good job, how can you do a sufficiently better job to make the big difference?

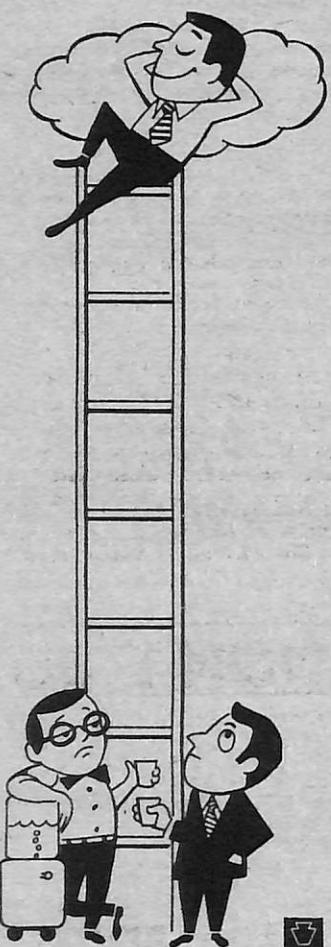
These seven steps, taken in many a successful career, may help.

1. Listen with both ears. Speech experts estimate that the average man hears only half of what's said to him! By getting all the facts, the first time around, you avoid costly mistakes and time-wasting back-tracking. A busy boss prizes the employee who has to be told only once.

2. Become an idea man. It's easier than many people think. Be observant! That's the first step. Be skeptical that the "tried and true" way is always the best! That's the second. Train yourself to pinpoint areas of waste, inefficiency, needless complications in your daily work routine. Form the brain-storming habit: write down as many solutions as you can think of, drawing on everything you know from your own experience and from what you have observed. Many of the best "new" ideas are simply adaptations of procedures that a worked in other fields.

3. Recognize your failings. It's fine to have faith in your abilities, but it may be equally profitable to understand what traits are blocking your path to success. What does the boss most often criticize about your work? Would certain tasks be easier if you were better organized or more highly trained?

4. Know your boss's job. So that one day when he moves up to a higher slot you'll be a logical candidate to succeed him. Also, if you know your boss's job — understand the duties of all the other people who report to him, and how he coordinates their efforts — you'll have a clearer perspective of your own job. You'll understand his problems and pressures, and how to be most



useful to him. In short, you will be a more effective employee — the kind who deserves and gets a raise!

5. Make the clock work for you. Plan your time as much as possible by using calendar pads, memory-jogging notes, and methodical files. Get into the habit of estimating how long each task should take you, then trying to save a few minutes ... a half hour ... even several hours off your deadline. Here's where being a clock-watcher can help you — if you use the clock as a stimulus, not an escape.

6. Learn! Read as widely as possible: trade publications, professional and technical books in your field, general-interest magazines. That money-making knack of idea creation depends to a great extent

on how much knowledge you can draw upon. Also, seek to acquire skills that will make you more promotable; a working knowledge of accounting, for example, will probably make you a lot more valuable to your company, no matter what type of business it is, or maybe you should consider preparing yourself for a transfer to a growth area such as accounting where the demand for qualified people exceeds the supply.

Wonder if you have an aptitude for that kind of work? Write the Information Department, International Accountants Society, Inc., 209 West Jackson Boulevard, Chicago, Ill. 60606, the largest and oldest home-study school in America teaching accounting and allied subjects exclusively, and ask for an accounting aptitude test. There's no charge and you can take the test at home and score it yourself.

7. Know what courses of action to avoid. You may earn a raise as much for what you don't do as for your more positive accomplishments. Bombarding the boss with questions is not a sign of alertness; ask only the questions that are strictly necessary to get the job done. And then do it to the best of your ability and don't voice qualms or doubts even if you have them. As Donald R. Morrison, President of International Accountants Society, Inc., points out: "Companies can always find lightweights to do the easy jobs. What they look for are men and women who eagerly take on the hard job."

Is there a co-worker who "gets your goat?" Avoid voicing your sentiments, even if justified. Bosses hesitate to promote even an able man if they feel it will cause friction in a department — and you may find yourself passed over in favor of someone who has the reputation of getting along with everyone.

Follow these seven positive steps toward making a good job performance better, and you will find that you have promoted your own interests and raised more than your hopes for getting ahead.

HOT FOOT

WASH YOUR DOG'S FEET AFTER WALKS ON ICY OR SNOWY STREETS. CHEMICALS USED TO MELT ICE MAY IRRITATE OR BURN HIS PAWS.



BASIC CAT

EXCEPT IN ANGER, CATS DON'T USUALLY MIAOW TO OTHER CATS, ONLY TO HUMAN BEINGS.



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WINTER HAZARD...

KEEP YOUR DOG AWAY FROM SLED AND SKI SLOPES OR SKATING PONDS, WHERE HE IS AN ACCIDENT-THREAT TO OTHERS AND MAY BE SEVERELY INJURED BY FAST-MOVING RUNNERS OR SKATES.



Weight Watchers

MOCK SPLIT PEA SOUP

(Submitted by W.W. in Eastern Pennsylvania)

3 cups water
6 stalks celery, diced
6 sprigs parsley
1 envelope onion bouillon
1 can (16 oz.) french style green beans
1 can (16 oz.) asparagus
Dash of mace
1 bay leaf
Dash of salt
Dash of pepper

Blend all ingredients, except seasoning in an electric blender. Pour mixture into large kettle. Add seasoning. Bring to a boil and simmer for about 30 minutes. Remove bay leaf and serve hot.
Makes 4 servings.



SCHOOL MENUS

Milk Served with All Meals

Child Nutrition Week

The week of Feb. 9, Mass. School Food Service Assoc'n. is sponsoring "Child Nutrition Week." On Wed., Feb 11 we are serving the typical school lunch menu which will be served in all schools and to the State Legislators. The menu follows:

Cranberry Juice, Baked Fish, Whipped Potato, Honey Corn Bread, Tarter Sauce, Broccoli, Fresh Apple, Milk.

PHELPS SCHOOL

MON. — Tom. juice, toasted ham & cheese roll, green beans, pot. chips, fresh pear. TUES. — Hamb. on btrd. bun, catsup, relish, onion slices, btrd. carrots, fruit Jell-o. WED. — Special Menu listed above. THURS. — Chicken in gravy, mashed pot., cranb. sauce, peas & carrots, btrd. and btr., choc. bar. FRI. — Juice, tuna burger, green salad w/ spinach greens, apple crisp.

GRANGER SCHOOL

MON. — Juice, Frank. on roll, relish & mustard, pot. chips, btrd. carrots, spice cake. TUES. — Spanish rice w/meat, btrd. wax beans, pean. btr. sand., apricots. WED. — Special menu listed above. THURS. — Juice, hamb. on roll, relish & catsup, cheese cube, peas & carrots, pears. FRI. — Juice, tuna fish sand., pean. btr. sand., cheese, broccoli, Valentine cake.

PEIRCE SCHOOL

MON. — Hamb. w/brown gravy, whipped pot., btrd. leaf spinach, btrd. & btr., pineapple tidbits. TUES. — Grilled ham & cheese sand., noodles w/tomatoes and peas, pean. btr. sand., apricot halves. WED. — Special menu listed above. THURS. — Pizza-burgers, btrd. kernel corn, pot. chips, btrd. sand., spicy prune cakr. FRI. — Tuna pot. cass., cheese stix, btrd. mixed veg., btrd. & btr., cherry Jell-o w/topping.

DANAHY SCHOOL

MON. — Juice, hamb. on btrd. bun, carrots, applesauce cake. TUES. — Juice, chicken soup w/ rice & veg., bologna sand., cheese cube, orange wedges, pean. btr. cookie. WED. — Special menu listed above. THURS. — Meat ball grinders, cheese wedge, cabbage & carrot salad, spice cake. FRI. — Macaroni & cheese, btrd. & btr., btrd. green beans, fruit.

SOUTH ELEMENTARY SCHOOL

MON. — Orange juice, steamed franks on btrd. roll, cheese stix, mustard & relish, btrd. carrots, pineapple. TUES. — Chicken w/gravy on btrd. rice, cranb. sauce, glazed sweet pot., btrd. peas, pean. btr. on rye, peaches. WED. — Special menu listed above. THURS. — Baked elbow mac. w/spaghetti & meat sauce, fruit slaw salad, btrd. vienna btrd., orange Jell-o w/ fruit & topping. FRI. — Tuna salad roll, oven fried pot., lettuce & tom. salad., apple crisp, cheese stix.

ROBINSON PARK SCHOOL

MON. — Juice, frank. on btrd. roll, mustard & relish, btrd. carrots, pineapple cake w/ topping. TUES. — Baked chicken, candied sweet pot., btrd. peas, cranb. sauce, btrd. & btr. ice cream. WED. — Special menu listed above. THURS. — Mac. w/meat & tom. sauce, btrd. green beans, btrd. & btr., sliced peaches. FRI. — Juice, btrd. grilled cheese sand., pean. but. sand., cabbage & carrot salad, pot. chips, applesauce cake w/sugar n' spice topping.

JUNIOR HIGH

MON. — Hamb. and gravy, mashed pot., btrd. carrots, choc. pudding, btrd. & btr. TUES. — Homemade beef stew w/veg., pean. but. sand., btrd. & btr. prune spice cake. WED. — Special menu listed above. THURS. — Steamed frank. on btrd. roll, homemade baked beans, btrd. spinach, butterscotch pudding. FRI. — Shell mac. w/meat balls, tossed green salad, vienna btrd., fruit Jell-o w/ topping.

SENIOR HIGH SCHOOL

MON. — Hamb. on bun, pot. chips, btrd. carrots, mustard, relish, catsup, sliced onions, pean. btr. sand., choc. cake w/butter icing. TUES. — Hamb. gravy, mashed pot., btrd. spinach, btrd. & btr., pean. btr. sand., pineapple crunch. WED. — Special menu listed above. THURS. — Baked link sausage, mashed pot., btrd. corn, btrd. & btr., pean. btr. sand., applesauce. FRI. — Elbow mac. w/meat & cheese sauce, cabbage & carrot salad, btrd. & btr., pean. btr. sand., fruit cocktail.



FEBRUARY IS THE CHERRY MONTH

A bright cherry sauce in the month of February couldn't be more appropriate. Celebrate George Washington's birthday or commemorate National Cherry Month with this sauce. Serve it on all types of cakes, puddings or ice cream.

Cherry Sauce

1 (1-pound, 4-ounce) can red sour cherries
Water

1 tablespoon corn starch

1/4 teaspoon salt

Almond extract

Red food coloring

Drain cherries, reserving liquid. Add water to liquid to make 1 1/4 cups. Mix corn starch and salt in saucepan. Stir in cherry liquid. Cook over medium heat, stirring constantly, until mixture thickens and boils 3 minutes. Remove from heat. Stir in few drops almond extract and red food coloring. Cool. Stir in cherries. Serve. Makes about 2 1/2 cups.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Learning Disabilities Due to Minimal Dysfunction, Hope through research," Publication No. 1646.

Learning Disabilities

Some children with normal or potentially normal mental abilities and no indication of physical handicaps are still unable to learn in the day-to-day classroom situation. This trouble may be minimal brain dysfunction (MBD)—a minor difficulty in brain function.

MBD problems can sometimes be detected and treated in the pre-school years. For instance, when a child has difficulty learning to talk, special education can begin immediately and perhaps ward off further learning problems.

More often, learning disabilities are not identified until the child enters school. Such a child often has difficulty with language, reading, writing, spelling, arithmetic, or memory work. He may be awkward in handling a pencil or in judging size and distance.

Any of 100 identified symptoms may indicate MBD. These symptoms fall into three main categories: medical, behavioral and educational.

Among early minor physical irregularities which may indicate MBD are slow, awkward movements or no sense of right and left, up and down. Although the child's sight, hearing, and voice may be normal, sometimes the brain center does not understand the messages these organs receive and cannot translate them into the proper body reactions.

Behavioral symptoms may include a short attention span, overactivity or underactivity, and unusual or changeable emotions, temper tantrums and aggressive behavior indicative of frustration.

Educational symptoms include spelling words backwards, poor word recognition, or persistent trouble with arithmetic. The child with MBD may lack accurate perception, understanding, and memory.

MBD children can and are being helped in specially equipped diagnostic centers. However, these centers are costly and few, and therefore leave much of the treatment to the family doctor and school. In some cases, known medicines have been successful in curbing some of the effects of MBD. Special training geared to the child's particular disability—auditory, visual, vocal, or behavioral—has also produced marked improvement in many cases.

Some MBD children are unable to place things in sequence or lack the perception to judge distances and quantities. This may cause difficulties in living situations such as dressing, games and play, and speech. A repeated step-by-step breakdown of these activities helps the MBD child to overcome each obstacle gradually, bringing satisfaction and self-confidence.

Most important for the child's progress is the understanding and encouragement of his parents. Praise for even the smallest success will help to change anxiety and frustration into confidence and determination. A long-range study supported by the National Institute of Neurological Diseases and Stroke, one of the National Institutes of Health, may bring encouraging answers.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Learning Disabilities Due to Minimal Dysfunction, Hope through research," Publication No. 1646.

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of CATERINA CIRILLO otherwise CATERINA CIRILLO late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by VINCENT J. PANETTA of East Longmeadow in the County of Hampden praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirteenth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the trust estate under the will of EMILY P. DAVIS late of Agawam, in said County, deceased, for the benefit of HAROLD P. FERRE and others under the seventeenth clause of said will.

The trustee of said estate has presented to said Court for allowance its second account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the third day of March 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the trust estate under the will of EMILY P. DAVIS late of Agawam, in said County, deceased, for the benefit of CHARLES G. REX and others under the sixteenth clause of said will.

The trustee of said estate has presented to said Court for allowance its second account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the third day of March 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the trust estate under the will of EMILY P. DAVIS late of Agawam, in said County, deceased, for the benefit of MARCIA FERRE and others under the fifteenth clause of said will.

The trustee of said estate has presented to said Court for allowance its second account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the third day of March 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the trust estate under the will of EMILY P. DAVIS late of Agawam, in said County, deceased, for the benefit of CHARLES DAVIS WILSON and others under the fourteenth clause of said will.

The trustee of said estate has presented to said Court for allowance its second account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the third day of March 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twentieth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To NORMA ELIZABETH ZELLER JOHNSON of Carrollton, in the State of Missouri.

A libel has been presented to said Court by your husband, LEIGH HILTON JOHNSON of Agawam, in the County of Hampden, praying that a divorce from the bond of matrimony between himself and you be decreed for the cause of cruel and abusive treatment.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, within twenty-one days from the twentieth day of March 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this nineteenth day of January 1970.

JOHN J. LYONS, Register

Jan. 29, Feb. 5, 12

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of ADELE SCHWEIZER BIGLIN otherwise ADELE MARIE BIGLIN late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last WILL of said deceased by JAMES WILLIAM BIGLIN of said Agawam praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the twenty-seventh day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-first day of January 1970.

JOHN J. LYONS, Register

Feb. 5, 12, 19

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of FRANK CIRILLO otherwise FRANCESCO CIRILLO late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by VINCENT J. PANETTA of East Longmeadow in the County of Hampden praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirteenth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighth day of January 1970.

JOHN J. LYONS, Register

1/22, 29/5, 12

Legal Notices

36320 Reg.

COMMONWEALTH

OF MASSACHUSETTS

LAND COURT

To the Town of Agawam, a municipal corporation, located in the County of Hampden and said Commonwealth; Robert D. Rose, Jean M. Rose, Ralph F. Esmirop, Eleanor C. Esmirop, Ralph H. Marriot, Edith A. Marriot, John P. Grimaldi, Marilyn F. Grimaldi, Fiore Cavallone, and Mary C. Cavallone, all of said Agawam; Henry William Greening, now or formerly of Bend, Deschutes County, in the State of Oregon, or his heirs, devisees or legal representatives; Edna Minnie Jankovic, now or formerly of Rockland Village, Orangeburg